



**GIRLS & BOYS  
ADVANCED  
BEGINNER**

<b>Warm-up</b>			<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
Jumping Jacks		20					
Single Leg Hops		10/leg					
Standing Pike Stretch		15 seconds					
Ankle Rolls (each ankle forward and backward)		15 seconds					
Ankle Walks (Point one foot, Flex the other and switch)		15 seconds					
Butterfly		15 seconds					
Sitting Straddle stretch to right		15 seconds					
Sitting Straddle stretch to left		15 seconds					
Sitting Straddle stretch to center		15 seconds					
Right Leg Triangle		15 seconds					
Right Leg Lunge		15 seconds					
Right Leg Split		10 seconds					
Left Leg Triangle		15 seconds					
Left Leg Lunge		15 seconds					
Left Leg Split		10 seconds					
Seal Stretch		15 seconds					
Cat Stretch		15 seconds					
Cross one arm over chest (both arms)		10 seconds					
One arm behind your head (both arms)		10 seconds					
Shoulder stretch arms behind you and straight		10 seconds					
Bridge		10 seconds					
Tuck and Roll To Stand		5					
<b>Vault</b>			<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
High Knees		20 seconds					
Butt Kickers		20 seconds					
Frog Jumps		20 seconds					
2-foot Hops		20 seconds					
Stationary Donkey Kicks		20 seconds					
Running in Place		20 seconds					
Lunge jump to 2 feet		20					
<b>Bars</b>			<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
Push-ups		10					
Mad-cat holds		20 seconds					
Plank holds		30 seconds					
Lying Leg lifts		20					
Inchworms		20					

<b>Beam</b>			<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
Releve walks		20 seconds					
Kicks in releve (Forward, Backword, Sideways)		20 seconds					
Passe walks in releve		20 seconds					
Pivot Turns		15					
Heel Snap Turns		15					
Aribesque/Scales		15 seconds/leg					
Single leg balancing on releve		10 seconds each leg					
<b>Floor</b>			<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
Lunge - T - Lever		10/leg					
Lunge - T - Handstand at wall		X					
Candle Stick to Stand and Straight Jump		20					
Tuck Jumps		20					
Straddle Jumps		20					
Pike Jumps		20					
Split jumps		20					
<b>Strength</b>			<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>
Calf raises off a stair		10 / leg					
Air Squats		20					
Lunges		20 / leg					
Sit-ups		20					
Tuck/V-ups		20					
Hollow Hold		20 seconds					